



# Mental Health Institutes

At

Cherokee, Clarinda, Independence, Mt. Pleasant

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## Purpose

Iowa's four mental health institutes (MHIs) provide psychiatric care for Iowans needing mental health treatment and provide specialized mental health related services. Those include substance abuse treatment, dual diagnosis treatment for persons with mental illness and substance addiction, psychiatric medical institution for children (PMIC), and long term psychiatric care for the elderly (geropsychiatric).

## Who

- The number of MHI employees participating in the State's Employee Retirement Incentive Program (SERIP) dictated the reduction of approximately 12.5 percent of adult psychiatric beds and 14 percent of geropsychiatric beds. There have been periodic waiting lists.
- The total served in SFY 2010 is down approximately 8.4 percent from SFY 2009.
- In SFY 2010, 82 percent of persons served were involuntarily committed for treatment.

### *In SFY 2010, the MHIs served:*

|                        |              |
|------------------------|--------------|
| Adult acute psych      | 757          |
| Children / Adolescents | 338          |
| PMIC                   | 107          |
| Dual Diagnosis         | 182          |
| Geropsychiatric        | 40           |
| Substance Abuse        | 593          |
| <b>Total</b>           | <b>2,017</b> |

## What

- Children and adolescents are offered acute psychiatric stabilization services at Cherokee and Independence. Independence also has a 30-bed psychiatric medical institution for children (PMIC).
- Adults are offered acute psychiatric stabilization services at all four facilities. In SFY 2010, the average length of stay was 43.3 days. In addition, Mount Pleasant has a 50-bed substance abuse treatment unit and a 15-bed treatment unit for adults with both mental illness and substance addiction.
- Older Iowans with long-term mental and physical health needs are served at the 30-bed geropsychiatric unit at Clarinda.
- All facilities offer consultation services to community based mental health providers to facilitate less restrictive community-based placement of patients.

## How are we Doing?

- 97.5 percent of patients show improvement in ability to function as measured by the widely-recognized evaluation scale Global Assessment of Functioning (GAF).
- 96.4 percent of adults are not readmitted within 30 days of discharge.
- Iowa has a comparatively low number of psychiatric beds, including those at the MHIs and at hospitals. In 2001, there were 13.8 beds per 100,000 population, placing Iowa 31<sup>st</sup> in the country. National rankings from 2004-2005 placed Iowa 47<sup>th</sup> in the nation with 8.1 beds per 100,000 people. Although national rankings have not been calculated since that time, the number of beds in Iowa has dropped sharply, down to an estimated 5.8 beds per 100,000 in SFY 2007. Further reductions would jeopardize ability to deliver critical services.